

## Summary of MDCH/MDE-Funded Schools

### More Schools Join in on the Healthy Schools Action Tool and Others Continue Their Action Plans for Students to Increase Physical Activity and Healthy Eating

The Michigan Department of Community Health and the Michigan Department of Education distributed seventy-seven (77) \$1000 grants to schools/districts new to Healthy Schools Action Tool (HSAT) to support completion of the assessment tool and action plan activities. Additionally, nine (9) \$500 grants went to schools/districts that had recently completed HSAT to support continued implementation of action plans. From 2001 to 2005, over 50,000 students have been reached from these grant actions.

Schools directed their funds in a variety of ways to enhance the school health environment.



Purchase of pedometers for staff and students



Materials for walking programs such as incentives and awards (for staff and/or students)



Physical education fitness equipment, including yoga mats, dance pads, balls, scooters, & jump ropes



Fitness equipment for Staff Wellness



Items to reinforce healthy lifestyles such as: posters, healthy prizes for contests, floor jacks



Sun-safety items such as sunscreen, sun safety kits, sun glasses, computer programs



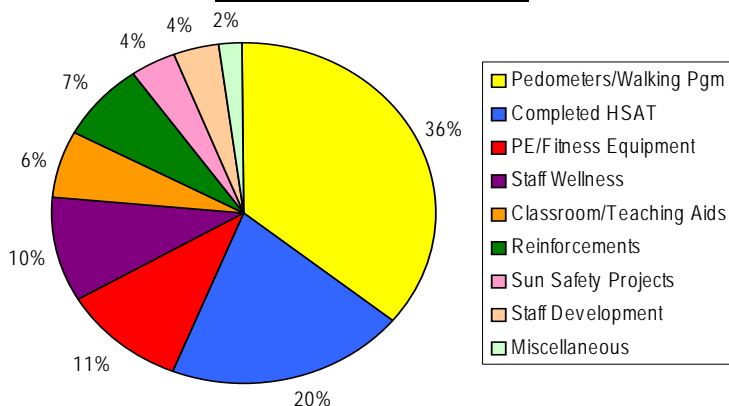
Funds to support staff attending conferences that relate to healthy school environments



Classroom teaching aids such as books, videos, activity guides

2005

2004-2005 HSAT Grantees  
Use of funds



Overall, 36% of funding was spent on physical activity with the purchase of pedometers and/or walking projects. 20% of grant dollars was used to support completion of the HSAT, and 11% was directed towards physical education and/or fitness equipment.

### Responses from the HSAT experiences include:



- Schools are approaching health programs and supports in a more coordinated and efficient manner.
- Completing HSAT revealed what was happening in their schools in relation to health, this helped them pinpoint gaps and plan changes.
- Schools could often make a difference and change school health through easily implemented actions. They were surprised at the number of strengths their school already possessed.